

So it's a month into 2013 and I hope you have all had a good start to the year! May the rest of your year be prosperous!

I thought we would start the year off with our FEET.



Feet are probably the most important part of our bodies biomechanically. So many things can go wrong with our feet, and this can in turn affect the rest of the biomechanical chain from our knees, hips, lower backs and even necks!

Do you ever wake up in the morning and the first steps you take for the day are painful?

If so, you might have something called Plantar Fasciitis....

What is Plantar Fasciitis?

It is the inflammation of the thick fibrous tissue on the sole of your foot, the plantar fascia. This fascia attaches at the heel and extends to the toes. The purpose of this is to create a medial arch for the foot.



What causes Plantar Fasciitis?

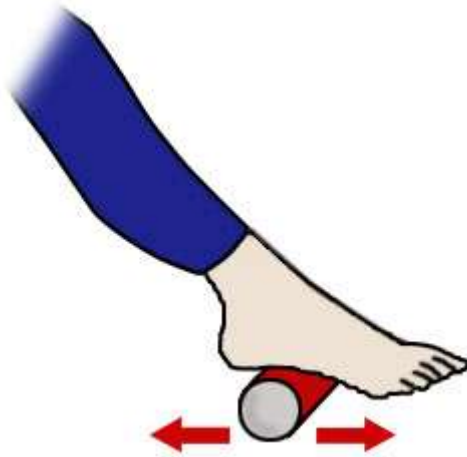
- Flat feet
- High arches
- Weight gain (high body mass index)
- Long periods of weight bearing
- Long distance running
- Running down-hills
- Running on uneven surfaces
- Tight Achilles tendon and calf muscles
- Poorly fitting shoes, where there is a poor arch support or soft soles

What does it feel like?

- The pain is most intense in the morning with taking your first steps
- Pain with standing or sitting for a long time
- Pain with climbing stairs
- Pain after strenuous activity
- It can develop slowly
- It can also develop suddenly after a strenuous activity

How is it treated?

- **PHYSIOTHERAPY!** Massage and mobilisations of the foot and ankle
- Ice over the painful plantar fascia for twice a day for 10 -15mins at a time
- Rest for at least a week in acute cases
- Medication for pain and inflammation prescribed by your doctor
- Self massage by rolling your foot on a bottle. You can also put water in the bottle and freeze it. Rolling your foot on frozen bottle will help with the inflammation
- Put shoes on before taking your first steps for the day
- Wear shoes with at a slight heel (+/- 2cm)
- Wearing a heel cup in your shoe, or other orthotics which assist the medial



- Feet, calf and Achilles tendon stretches
- A night splint can be worn to stretch the fascia



Orthotic insole

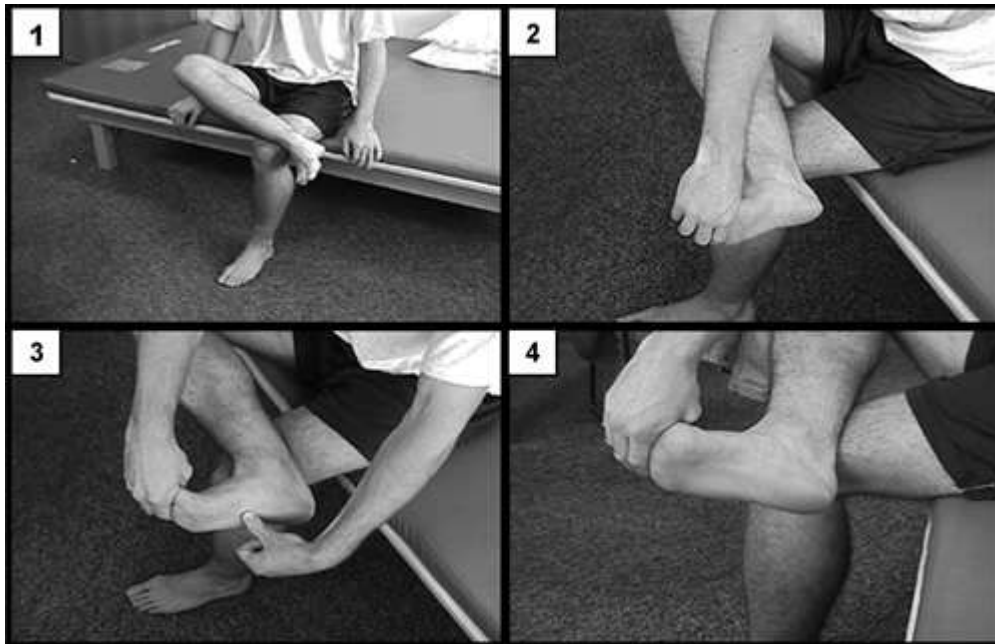


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- Cortisone injections
- In severe cases, surgery may be necessary

Is Plantar Fasciitis preventable?

- Yes, it can be prevented by ensuring flexibility of your ankle, Achilles tendon and calf muscles
- Below are exercises to improve the natural arch of your foot but improving balance and strengthening the muscles of your foot and ankle



If you have any questions regarding plantar fasciitis or if you would like to make an appointment for your plantar fasciitis, you can call me on 011 764 5205.

If you have a Facebook account, don't forget to like my Facebook page!

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Have a lovely weekend!

